



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: Physical Education

Term: First Term

Name of the Subject Co-Ordinator: Abir Panja

No. of Working Days: 91

No. of Periods Available: 18


Class: 4

Sections: A, B & C

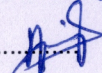
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
April	03	<u>First Term Begins</u> 1. Formation of Line 2. Calisthenics	<ul style="list-style-type: none"> Line Formation Attention & Stand at Easy Different types of exercises 	<ul style="list-style-type: none"> Practice of Line formation Step by step practice of Attention & Stand at Easy Step by step practice of different freehand exercises 	<ul style="list-style-type: none"> Markers Whistle
May	02	3. Warm Up Exercises 4. March Past 5. Drills	<ul style="list-style-type: none"> Different types of warm up exercises Standing Marching Drill No -1 & 2 standing freehand drills 	<ul style="list-style-type: none"> Step by step practice of different warm up exercises Step by step practice of Standing Marching Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle Drum
June	02	6. March Past 7. Drills	<ul style="list-style-type: none"> Forward Marching Drill No - 3 & 4 standing freehand drills 	<ul style="list-style-type: none"> Step by step practice of Forward Marching Drill practice with counting and whistling 	<ul style="list-style-type: none"> Markers Whistle Drum Yoga Mat
July	05	8. March Past 9. Yoga (Vrikshasana) 10. Calisthenics 11. Yoga (Unicorn Pose)	<ul style="list-style-type: none"> Forward Marching Different steps of Vrikshasana Different types of exercises Different steps of Unicorn Pose 	<ul style="list-style-type: none"> Practice of Forward Marching Step by step practice of different freehand exercises Step by step practice of Yogasanas 	<ul style="list-style-type: none"> Markers Whistle Drum Yoga Mat

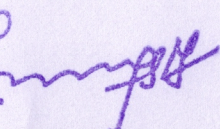
Teachers are requested to prepare a LESSON PLANS for each Topic month wise.


Kindly mention the chapters included for Terminal Examinations.

Signature of the Co-Teachers: 1.  2.

Submitted on: 29.04.2025

Academic Co-Ordinator: 


PRINCIPAL

VICE PRINCIPAL 



ST. LAWRENCE HIGH SCHOOL

27, BALLYGUNGE CIRCULAR ROAD, KOLKATA - 700019

Session Plan/ Syllabus Coverage for the Academic Year 2025-2026



Subject: Physical Education

Term: Second Term

Name of the Subject Co-Ordinator: Abir Panja

No. of Working Days: 76

No. of Periods Available: 14


Class: 4

Sections: A, B & C

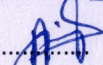
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
August	04	10. Calisthenics 11. Yoga (Naukasana) 12. Recreational Games • Physical Education Test/Assessment	• Different types of exercises • Different steps of Naukasana • Walking, Sitting, Running • Individual Physical Education Test/ Internal Assessment	• Practice of different freehand exercises • Step by step practice of Yogasanas • Step by step and whole practice of different Recreational Games • Regular participation	• Markers • Whistle • Yoga Mat • Football
September	02	13. Major Game (Football) • Physical Education Test/Assessment First Term Examination	• Football Skills • Individual Physical Education Test/ Internal Assessment First Term Examination	• Practice for Inter House Football Tournament • Regular participation First Term Examination	• Markers • Whistle • Yoga Mat • Football
October	03	Second Term Begins 1. Drills 2. Yoga (Butterfly Pose) 3. Pranayam	• Drill No-5 & 6 standing freehand drills • Different steps of Butterfly Pose • Pranayam	• Drill practice with counting and whistling • Step by step practice of Yogasana • Practice of Pranayam	• Markers • Yoga Mat • Football
November	03	4. Drills 5. Yoga (Vajrasana) 6. March Past	• Drill No -7 & 8 standing freehand drills • Different steps of Vajrasana • Forward Marching	• Drill practice with counting and whistling • Step by step practice of Yogasana • Practice of Forward Marching	• Markers • House Flag • Yoga Mat • Drum

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
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
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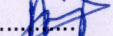
MONTH	NO. OF PERIODS	LESSONS	TOPICS COVERED	CLASS WORK	TEACHING AIDS
December	03	7. Events of Annual Sports 8. Yoga (Bhujangasana) 9. Meditation	<ul style="list-style-type: none"> Running Events Non-Sprint events Different steps of Bhujangasana Meditation 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Step by step practice of Yogasana Practice of Meditation 	<ul style="list-style-type: none"> Markers House Flag Yoga Mat Drum
January	03	10. Events of Annual Sports 11. Recreational Games	<ul style="list-style-type: none"> Running Events Non-Sprint events 	<ul style="list-style-type: none"> Practice of different events for Annual Sports Step by step and whole practice of different Recreational Games 	<ul style="list-style-type: none"> Markers House Flag Football Basketball
February	02	<ul style="list-style-type: none"> Physical Education Test/ Assessment Second Term Examination	<ul style="list-style-type: none"> Individual Physical Education Test/ Internal Assessment Second Term Examination	<ul style="list-style-type: none"> Regular participation Second Term Examination	<ul style="list-style-type: none"> Football Basketball
March		-	-	-	

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